



# Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools

By Amby Burfoot, Bart Yasso, Jennifer Van Allen, Pam Nisevich Bede RD

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The first dedicated book on marathon and half marathon training from the renowned experts at *Runner's World*

*Runner's World Big Book of Marathon and Half-Marathon Training* - by Jennifer Van Allen, Bart Yasso, and Amby Burfoot, with Pam Nisevich Bede, RD - gives readers the core essentials of marathon training, nutrition, injury prevention, and more.

The editors of *Runner's World* know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book will include testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans.

*Runner's World Big Book of Marathons (and Half Marathons)* is a powerful and winning resource?the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

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## **Editorial Review**

### **About the Author**

Bart Yasso is the author of *My Life on the Run* and chief running officer at *Runner's World*. He lives in Bethlehem, PA.

Amby Burfoot, *Runner's World*'s editor at large and winner of the 1968 Boston Marathon, has run more than 100,000 lifetime miles (and counting). He lives in Emmaus, PA.

Jen Van Allen manages the *Runner's World* Challenge program and regularly contributes to the magazine. She lives in Bryn Mawr, PA.

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